

--Adapted from "The Ant and Grasshopper," Aesop's Fables

The Ant gathered food and found shelter to get ready for the rainy season, while the Grasshopper sang and played. When the rains came, the Grasshopper was not prepared and had to ask the Ant for help.

Prepare for tomorrow, today.

There's no time like the present to get ready for flu season.

Follow these easy steps to avoid getting — or spreading — the flu this season:

Wash your hands often

Cough or sneeze into your arm or sleeve, not your hands

Get a flu shot

For more information on how to protect against influenza, visit
www.vdh.virginia.gov/pandemicflu.